

# Recovery & Me

## Voices from the Recovery Walk

Hi Family,

My name is True and I'm an alcoholic. I thought I'd put that down on paper and see what it looks like. I've never been as happy as I am right now, not looking for that next drink, knowing that surrender did not hurt!

Early in recovery! That's who I am. Weightless, that's who I am! Free, that's who I am!

-A recovering alcoholic named True,  
One Day at a Time